

**Executive Summary- Cumberland County**

**Type of Report:** Community Needs Assessment- Cumberland County

**Setting:** Rural

**Total Number of Residents:** 10,450

**Number of School-aged Youth:** 1,471 school-aged youth

**Total Number of Schools:** 5 public schools

**Total Number of Institutions of Higher Learning:** 0

**Total Number of Treatment Facilities:** 0

**Total Number of Coalitions/ROSC Councils:** 0 coalitions, 1 ROSC Council

**Identified Gaps Across the Continuum:**

- 1. Health Promotion:** General lack of education and understanding regarding substance use disorders, leading to increased community stigma
- 2. Prevention:** Additional trainings for medical personnel on early identification and screening of substance use
- 3. Intervention/Harm Reduction:** Lack of information regarding access to harm reduction programs and services including needle exchange programs.
- 4. Treatment:** Lack of access to transportation, lack of affordable in-county SUD services, lack of residential rehabilitation program access/waitlists, staffing shortages, lack of broadband access, lack of safe passage
- 5. Recovery Supports:** Lack of recovery housing, additional support groups, minimal sober fun activities

**Background and Demographics**



Cumberland County is in East Central Illinois, totaling 347 square miles and has a population of 10,450 residents according to the 2020 census. The county was founded on March 2<sup>nd</sup>, 1823, from parts of Coles County. It is named for the National Road (Cumberland Road), which was projected to run through it. Cumberland County experienced a large population increase from 1850 (approximately 3,178 residents) to 1900 (16,124 residents). Since the early 1900’s, the population in Cumberland County has decreased approximately 65% (United States Census Bureau, 2021). Since its existence, Cumberland County has primarily been an agriculture-related economy while the most common employment sectors currently are manufacturing (1,021 people), health care & social assistance (857 people), and retail trade (840 people). The highest paying industries are professional, scientific, & technical services (\$83,365), wholesale trade (\$65,166), and public administration (\$58,125). Compared to other counties, Cumberland County, IL has an unusually high number of wholesale trade (2.58 times higher than expected), agricultural, forestry, fishing & hunting (2.14 times), and manufacturing (1.8 times) industries (Data USA, 2021). The village of Toledo, Illinois occupies the county seat for Cumberland County with a population of roughly 1,200 people. Greenup, Illinois has the counties highest population of 1,600 people with Neoga, Illinois not much further behind with a population of roughly 1,400 people

<b>U.S. Census Race and Hispanic Origin Demographics 2022</b>	
White Alone	97.1%
Hispanic or Latino	1.4%
Two or More Races	1.3%
Black or African American Alone	.6%
Asian Alone	.7%
American Indian/Alaska Native Alone	.2%
Native Hawaiian/Other Pacific Islander Alone	.1%

<b>U.S. Census Age and Gender Demographics 2022</b>	
Persons under 5 years	5.5%
Persons under 18 years	22.5%
Persons 65 and over	20.8%
Female Persons	49.9%
Male Persons	50.1%

The median household income of Cumberland County is \$57,271, which is 10% lower than the State of Illinois median household income of \$65,866 (U.S. Census Bureau, 2021). It is estimated that 11.4% of Cumberland County residents live below the Federal Poverty Level and

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7.0% of residents are uninsured or underinsured. Cumberland County is predominately comprised of Caucasian individuals, totaling 97.1% of the population. As of October 2021, the unemployment rate of Cumberland County stood at 3.1%. According to Data USA, the economy of Cumberland County employs 5,670 residents, with production occupations being the most prominent industry, employing an estimated 13.2% of the working population. Sales & related occupations (11.7) and office & administrative support occupations (10.2) are the two other largest industries within the county. Regarding health coverage, 93% of the population of Cumberland County, IL below the age of 65 has health coverage, with 47.1% on employee plans, 16.5% on Medicaid, 15% on Medicare, 15.1% on non-group plans, and 1.43% on military or VA plans (Data USA, 2021). Regarding education, it is estimated that 91.9% of Cumberland County residents possess high school diplomas. In addition, only 18.9% have completed some extent of higher-level education, which is 77% lower than the State of Illinois average of 70% (U.S. Census Bureau, 2021).

According to the 2021 Illinois County Health Rankings, Cumberland County has an overall ranking of 32 out of 102 counties for health outcomes based on length of life and quality of life. Factors contributing to this score are premature deaths, poor or fair health, poor physical health days, and poor mental health days—all these factors for Cumberland County are higher than the State of Illinois averages. Determining health factors is based on four measures health behaviors, clinical care, social and economic, and physical environment factors. Some health factor strengths for Cumberland County include high school completion and low uninsured residents. Cumberland County's health outcome is in the higher middle range and the health factor ranking is in healthiest range.

### Youth Population Data

<b>IL Report Card 2021-22</b>	<b>Cumberland CUSD #77</b>	<b>Neoga CUSD #3</b>	<b>State of Illinois</b>
Enrollment	988	483	1.9 mil
Grades Served	PK-12th	PK-12 <sup>th</sup>	PK-12 <sup>th</sup>
Graduation Rate	93%	93%	86%
Mobility Rate	7%	8%	6%
Truancy Rate	8%	8%	23%
Low-Income	33%	43%	48%
IEP's	10%	18%	15%

According to the Illinois Report Card, there are two school districts within Cumberland County, totaling two elementary schools, one middle school, two high schools. The total enrollment for the county is 1,471 students. An individualized school district comparison, along with data for the State of Illinois, is provided in the table above. It is important to highlight that Cumberland

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CUSD #77 and Neoga CUSD #3 both have lower truancy percent rates of 8% while the State of Illinois average is 23%.

The Central East Alcoholism and Drug (CEAD) Council (d/b/a Hour House), located outside the county in Charleston, IL, is the Substance Use Prevention Provider (SUPP) for Cumberland County. Hour House utilizes the evidence-based substance use prevention curriculum, Too Good for Drugs, to educate Cumberland Counties Junior High School 7th and 8th-grade students. Too Good for Drugs equips students with five essential social and emotional learning skills: communicating effectively, identifying and managing emotions, setting reachable goals, making responsible decisions, and bonding with pro-social others (Mendez Foundation, 2021). In addition, according to the Illinois Youth Survey data, Cumberland County schools have not completed a recent survey since 2018; however, the Hour House SUPPS team continues to promote the Illinois Youth Survey (IYS) amongst Cumberland County school personnel to increase student participation.

### **Adult Populations Data**

Cumberland County is considered a rural county, defined by the U.S. Census Bureau as all populations, housing, and territory not included within an urban area. Although metropolitan, suburban, and urban areas are often perceived to have higher rates of substance use, rural communities possess higher rates of use for tobacco and methamphetamines, while heroin and prescription drug misuse have grown in communities of every size (Rural Health Information Hub, 2020)

The Cumberland County Probation Department estimated that 90% of probation cases are substance use related, with demographics averaging to be Caucasian adults between 20-50 years of age. One stakeholder said, “meth is by far the most abused substance in this county. It is almost as easy to get as marijuana. Behind meth, alcohol would be a close second.” In addition, misuse of heroin, opioids, and fentanyl have increased over the years. Stakeholders shared that there seems to be a generational cycle that substance misuse has on local families, stating, “If parents who use drugs or alcohol do not make a change in their lifestyle, it gets passed down to their children and they continue the cycle” The Cumberland County Jail states that most inmates have a substance use disorder and need substance use treatment. Currently, the Cumberland County Jail lacks SUD services for the jail population, resulting in many individuals not receiving the necessary assistance.

Through the Hour House’s treatment services, 219 unduplicated Cumberland County adults were served in Fiscal Year 2022. Most residents served through Hour House’s treatment services are on Medicaid, with approximately 40% of individuals unemployed. In addition, many Cumberland County residents receive referrals from the Cumberland County court system, One Hope United, or the Illinois Department of Children and Family Services (DCFS). Very few clients are self-referred.

According to the Illinois Opioid Data Dashboard for Cumberland County, 1 fatal overdose from heroin was reported between 2020 and 2021 amongst individuals 25-34 and 45-55 years old, and 0 non-fatal overdoses from heroin were reported amongst individuals 25-34 years old. In addition, 2 Fatal overdose deaths from these other opioids were reported in the ages 25-34 and 45-54. Other opioids categories include synthetic opioids (ex: fentanyl) as well as prescription medications (ex: hydrocodone, oxycodone), whether obtained legally or illicitly (IDPH, 2021).

As reported overdoses are less than ten counts, a specific number of overdoses for each category and age group is not reported. It is essential to acknowledge that this data may not fully include the total number of nonfatal overdoses, as not all nonfatal overdoses may be reported.

**Illinois Prescription Monitoring Program (IPMP) 2020 Data:**

<b>Total Buprenorphine Patients per County</b> (The total number is based on the patient's location)	13 patients
<b>Total Buprenorphine Prescriptions per County</b> (The total number is based on the location of pharmacy where the prescription is dispensed)	72 prescriptions

The chart above shows the data gathered in 2020 by the IL Prescription Monitoring Program (ILPMP). The data collected on the ILPMP website shows that Cumberland county has the least patients and prescriptions than all of its neighboring counties. It should be noted, however, that Cumberland county has a much lower population than all its neighboring counties. According to the IDPH, there are 2 MAR providers currently available in Cumberland County.

Stakeholders have shared that Cumberland County has historically been known for its high rates of methamphetamine use, which has contributed to stigma amongst residents. One stakeholder said, “people with a substance use disorder are judged in this county. The stigma from it is one of the largest barriers that need to be overcome.” In addition, another community activist stated, “nobody wants to talk about the problem until it affects them. Until people are willing to talk about it, and work together to come up with some solutions to these problems, nobody should be judging. We have gaps that need addressed.” Stakeholders have shared that there is community hesitancy to harm reduction services such as needle exchange services.

**Services and Support Available**

Cumberland County has formed a new Drug Court administered by the Coles County long-standing Drug Court. Drug Courts are specialized court docket programs that target adults charged with or convicted of a crime, youth involved in the juvenile justice system, and parents with pending child welfare cases who have alcohol and other drug dependency problems. The Cumberland County Court Services state that currently, Cumberland County has two residents participating in the Drug Court Program. Research from the National Institute of Justice (NIJ) found that drug courts reduce participant recidivism and drug use. According to NIJ’s Multisite Adult Drug Court Evaluation, drug court participants were less likely than a comparison group (40 percent vs. 53 percent) to report committing crimes in the year prior to being interviewed for the study. Drug court participants were also significantly less likely than the comparison group (56 percent vs. 76 percent) to report using any drugs in the prior year.

Compass Counseling provides outpatient substance use disorder treatment service in Toledo, IL and its surrounding areas. Compass Counseling provides the following services, cognitive/behavior therapy, dialectical behavior therapy, telemedicine therapy, and others - as well as many other treatment methods such as persons with co-occurring mental and substance

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use disorders. Compass Counseling receives regular referrals from the Court/Judicial System (other than Dui/Dwi), aftercare/continuing care, and more. Additionally, Compass Counseling offers outpatient services and outpatient treatment for clients with addictions to alcohol and drugs. The addiction treatment program uses treatment modalities that can provide permanent stability to any person experiencing substance use disorder.

Hour House receives regular referrals from Cumberland County stakeholders for youth and adults with substance use disorder (SUD). Hour House was first incorporated in 1972, known at the time by Coles County Council on Alcoholism, and opened the first facility in 1973. At the time, the only services offered were Social Setting Detoxification and Residential Treatment. The first satellite offices opened in Mattoon and Shelbyville, offering outpatient services to serve rural communities better. Over the next decade, CEAD Council expanded by adding outpatient offices in Charleston, prevention services, women-specific services, and an adolescent outpatient program. In 2020 CEAD began using "Hour House" to reflect the history behind their main campus office and the nature of recovery being in steps "one hour at a time." Hour House is a 501(c)(3) not-for-profit agency. It is certified as a Level 1 and Level 2 outpatient substance use treatment provider and Level 3 residential/inpatient substance use disorder treatment. Hour House support services include the following: assessment and treatment planning, individual and group therapy, men's halfway and 3/4s housing, women's halfway, 3/4s, and women with children recovery housing. Hour House also provides case coordination, referrals, DUI evaluations and education, intervention services, and services available for youth ages 12-17.

The Cumberland County community offers various recovery support groups, including Alcoholics Anonymous, Celebrate Recovery, and online meetings. Despite the availability of these groups, stakeholders have shared that community stigma and lack of awareness and education on substance use disorder inhibit individuals from seeking the help, resulting in limited recovery support meetings.

Cumberland County Health Department is a part of the Partnership to Reduce Opiate Mortality and Promote Training (PROMPT) efforts. Through PROMPT, the Cumberland County Health Department can distribute and provide NARCAN® training. PROMPT has expanded prevention efforts to all county schools, Fire Departments, Police Departments, Sheriff Deputies, Emergency Medical Services, and first responders. It is available at every local clinic and healthcare walk-in facility. In addition, Hour House is also a NARCAN® distributor through Drug Overdose Prevention Program (DOPP). Through the Hour House, the Clark Cumberland County ROSC Council (CCCRC) can assist in expanding NARCAN® training and distribution efforts in the community.

Adree Venatta is a family medicine doctor affiliated with Sarah Bush Lincoln Health Center in Toledo, IL. Dr. Venatta also provides the community with Medicated Assisted Treatment (MAT). MAT involves using FDA-approved medications and therapy to treat substance use disorder. The Association with American Addiction Center states, "This treatment approach is primarily used for opioid and alcohol addictions. Combining medications and behavioral therapies provides a "whole patient" approach to managing substance use disorders."

Noble Health Associates is a recent addition to Cumberland County, founded in 2021. Formed by Dr. Zach Backlin to assist in reducing barriers and access to treatment in the area, Noble

Health Associates provides telemedicine services for mental health and SUD. Dr. Backlin is Medicated Assisted Recovery (MAR)- and psychiatric-certified.

### **Substance Use Gaps Across the Continuum**

**Promotion:** Overall, substance use disorder stigma remains present amongst Cumberland County community members. As previously stated, stakeholders have shared that stigma can inhibit individuals from attending community education events regarding substance use, support groups, or seeking treatment. Overall, the lack of education and information regarding substance use disorders contributes to the stigma present within Cumberland County. Stakeholders have shared that additional educational efforts are needed within the community to increase awareness and decrease stigma. However, efforts are being made to reduce community bias and provide education and understanding of substance use disorder.

The Clark Cumberland County ROSC Council, whose focus is to allow Clark and Cumberland County stakeholders to build a culture that nurtures recovery, provides excellent efforts to reduce stigma and biases. Currently, the ROSC Council is provides education group sessions to increase awareness and understanding of SUD to community members. The education series allows community members to learn more about SUD and recovery and assist in debunking myths and misunderstandings related to SUD. The Clark Cumberland County ROSC Council also partners with various programs, such as the Illinois Family Resource Center (IFRC), to provide additional opportunities for training and webinars related to SUD and recovery for families. In addition, the Council also provides the community with events to increase awareness related to topics on SUD; examples include but are not limited to resource bag distribution (100 individuals reached), recovery-related literature donations to the school, and public libraries, resource drives, and more. Lastly, during the 2021-2022 Cumberland County ROSC Council anti-stigma campaign, the 'recovery is possible' billboard was displayed within the county for 12 months, totaling an average of 55,000 views per week. In addition, the ROSC Council anti-stigma radio ad campaign reached approximately 25,000 listeners per week for four weeks.

**Prevention:** Both Cumberland Middle School and Neoga Jr. High are receiving evidence-based substance use prevention programming through the utilization of the Too Good for Drugs and My Generation RX curriculum through the Hour House SUPP. In addition, Hour House SUPP also promotes the Illinois Youth Survey (IYS) amongst Cumberland County school personnel to increase student participation. However, stakeholders desire additional support and resources regarding prevention services.

**Intervention/Harm Reduction:** In conjunction with Coles County, Cumberland County provides community members with a Drug Court services. Drug courts are designed to help participants reduce recidivism and drug use. Eligible persons may be sent to Drug Court instead of traditional justice system case processing. Many stakeholders have stated that they believe Drug Courts have a long-lasting and positive impact on participants and in developing a healthier community.

Cumberland County has implemented efforts to enhance education and awareness of Harm Reduction methods. The Cumberland County Health Department has a crucial role in NARCAN distribution County-wide with supplement efforts provided by the Clark Cumberland County

ROSC Council. However, community members have stated that there is still a significant stigma related to harm reduction efforts. One community member stated, “that some organizations and agencies are nonreceptive to receiving education or trainings related to the topic.” Overall, harm reduction and health promotion efforts can be enhanced to increase community education and awareness to reduce stigma.

***Treatment:*** Transportation is the number one barrier Cumberland County residents face when accessing substance use services and support. Telehealth services are available to bridge the service gap, but only some have access due to broadband and technological gaps. One stakeholder shared, “many individuals do not have Wi-Fi and many times phone calls are unsuccessful. This has been a challenge with providing individuals with the support that they need.” Although Compass Counseling offers residents outpatient mental health and substance use services and support, there is no SUD service provider within the county that takes state insurance or Medicaid for SUD treatment, making it hard for those unable to pay out of pocket to receive in-county treatment. Furthermore, Cumberland County lacks a detoxification facility, residential services, and recovery home options.

***Recovery:*** As defined by the Substance Abuse and Mental Health Services Administration, recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. When examining recovery efforts and support within Cumberland County, there are no sober living facilities -transitioning home after completing a substance use treatment program can bring various challenges and hardships. Sober living facilities provide a structured environment that supports sobriety and self-sufficiency (American Addiction Centers, 2021). Community members who want sober living must look at options in neighboring counties such as Coles County. To conclude, there are inadequate amount of support groups within Cumberland County, with stakeholders sharing, “our community needs more recovery support groups.” To access additional support groups, county residents must travel to neighboring counties, such as Coles County or Effingham County. These all range in distances from 20 to 30 minutes away, resulting in a transportation barrier. Community members have access to online recovery support meetings; however, not all individual have access to reliable broadband and a media device such as a laptop or cell phone.

### **Conclusion**

Access to education, prevention, treatment (including harm reduction), and recovery support will reduce stigma and empower individuals to live healthier lives. Our next steps will include assisting community stakeholders in developing a community action plan that addresses the gaps and barriers identified in this document.



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<u>Continuum of Care Category</u>	<u>Service or Program</u>	Existing > 6 months	Existing < 6 months	Planning Stages	Offered through programs outside the county	Gap in service	Notes, History, Considerations, and Possibilities
<b><u>Promotion</u></b>	Educational Materials	X				X	Hour House SUPS, Cumberland Co. ROSC, and Cumberland County Health Department
	Recreational Alternatives to Substance Use					X	Stakeholders report a lack of recreational alternatives to substance use
	Substance Use Screenings	X					Compass Counseling and Hour House
	Community Outreach	X					Cumberland County Health Department and Hour House SUPPS; Community and School Events, Cumberland Co. ROSC
	Trauma-Informed Care Training	X				X	Hour House Residential. However, there is community interest in learning more about this option.
<b><u>Prevention: Universal</u></b>	Anti-stigma efforts	X				X	Cumberland Co. ROSC is doing work around SUD stigma in tandem with community partners; however, community stigma continues to be prevalent in Cumberland County.
	Public and/or school norm campaign	X					Available through Hour House SUPS
	SUPS School Curriculum	X					Available through Hour House Prevention Services
	Community Education - Specialized by sector	X				X	Community Education is lacking but the Cumberland Co. ROSC is addressing these needs steadily
<b><u>Prevention: Selected</u></b>	Red Ribbon Week Activities	X					Cumberland County Schools participate in red ribbon week
	Family Members of those with an addiction	X				X	Illinois Family Resource Center
<b><u>Prevention: Indicated</u></b>	Adverse Childhood Experience (ACE) Support					X	There is community interest in learning more about this option.
	Children of Parents w/Addiction					X	Not Available
	Case Identification through school screenings and involvement	X					School Counselors
	Law Enforcement Deflection Program					X	Not Available
	MAT/MAR Services	X					2 MAR providers
	Naloxone training & distribution	X		X			Cumberland Co Health Department and Cumberland CO ROSC

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<b><u>Harm Reduction (HR)</u></b>	Safe Syringe Access					<b>X</b>	Not Available
	Physician Education on HR					<b>X</b>	Not Available
	Judicial System Education on HR					<b>X</b>	Not Available
<b><u>Medical Care</u></b>	Hospital Warm Hand-off Program					<b>X</b>	Not Available
	Hospital Withdrawal Management Program					<b>X</b>	Not Available
	Stabilization Facility					<b>X</b>	Not Available
	Transitions of Care Across Continuum of Care					<b>X</b>	Not Available
	Coverage of Alternative and non-opioid therapies for pain					<b>X</b>	Not Available
<b><u>Intervention &amp; Treatment</u></b>	Out Patient Care	<b>X</b>					Compass Counseling, Hour House
	Crisis Care					<b>X</b>	Not Available
	Residential Care				<b>X</b>	<b>X</b>	Hour House in Charleston
	Youth Counseling				<b>X</b>	<b>X</b>	Hour House in Charleston
	Telehealth	<b>X</b>			<b>X</b>		Hour House in Charleston
	Trauma Informed Care	<b>X</b>			<b>X</b>		Hour House in Charleston
<b><u>Recovery</u></b>	Cumberland County Recovery Council (ROSC)	<b>X</b>					Hour House
	Peer Recovery Coach				<b>X</b>	<b>X</b>	Not Available in this county, but there is availability outside the county
	AA Meeting	<b>X</b>					Available in this county
	Celebrate Recovery Meeting	<b>X</b>					Available in this county
	Secular Recovery Support Groups (SMART Recovery)					<b>X</b>	Not Available in this county
	Recovery Housing				<b>X</b>	<b>X</b>	Hour House in Charleston